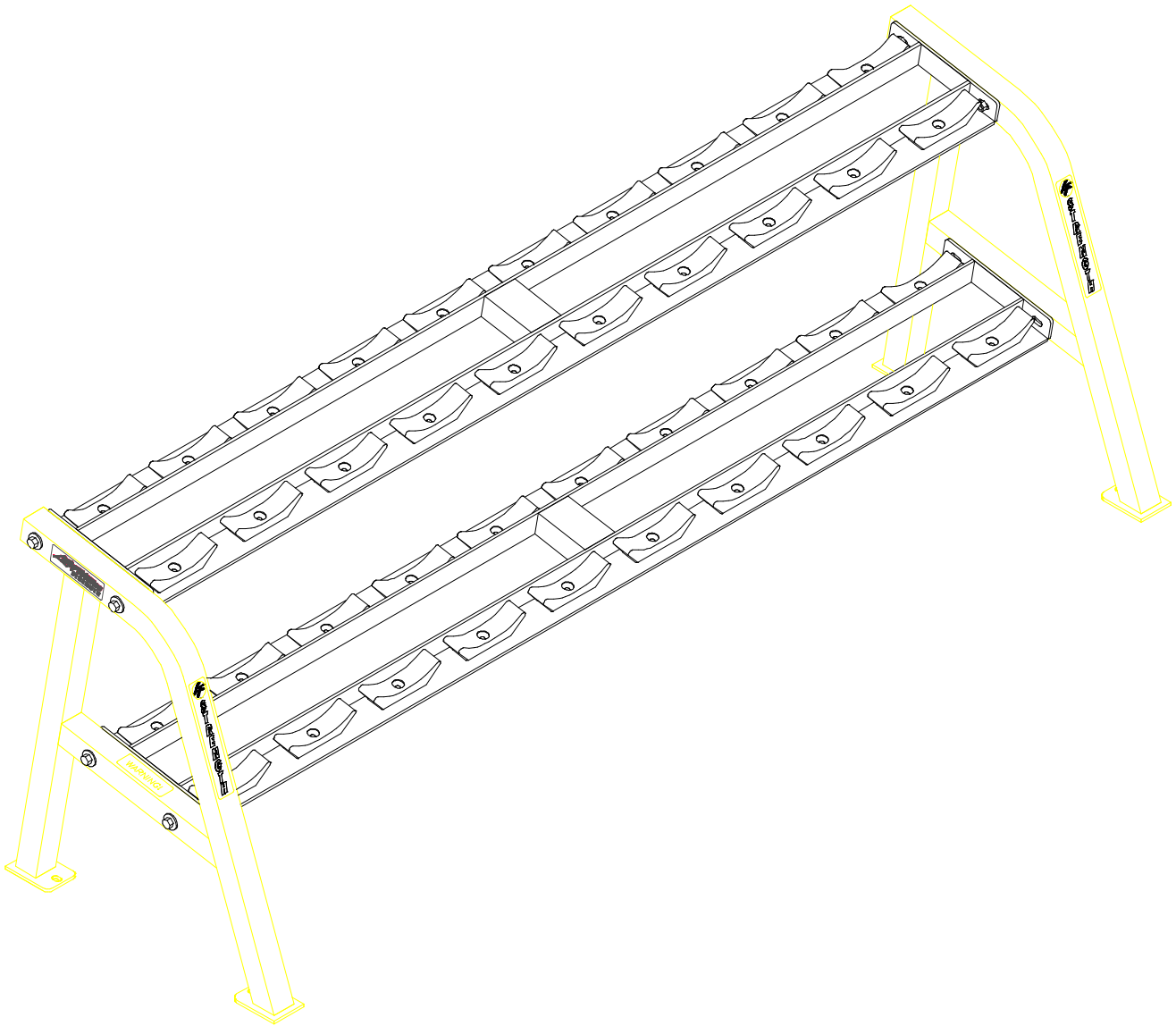
LifeFitness STRENGTH

8110 DUMBBELL RACK



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

Please note:

* Thank you for purchasing the LIFE FITNESS 8110 DUMBBELL RACK. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

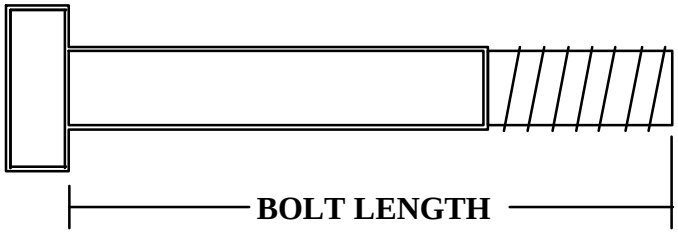
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

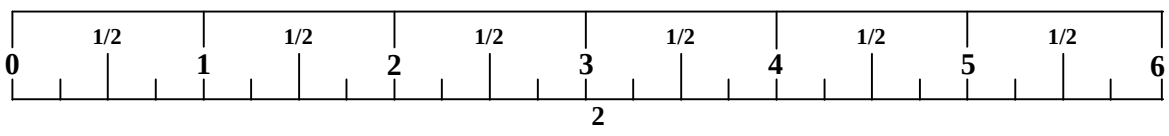
* 3/4” wrench, 9/16” wrench
* Ratchet with 3/4” socket
* 7/32” Allen wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6790803	UPRIGHT FRAME	2
2	6720202	DUMBBELL TIER	2
3	3102918	1/2 X 3-1/4" BOLT	8
4	3102502	1/2" WASHER	8
5	3102801	1/2" LOCKNUT	8
6	3102802	3/8" LOCKNUT	40
7	3108402	3/8 X 1 1/2" FLT HD CAP SCREW	40
8	3203201	DUMBBELL SADDLE	40

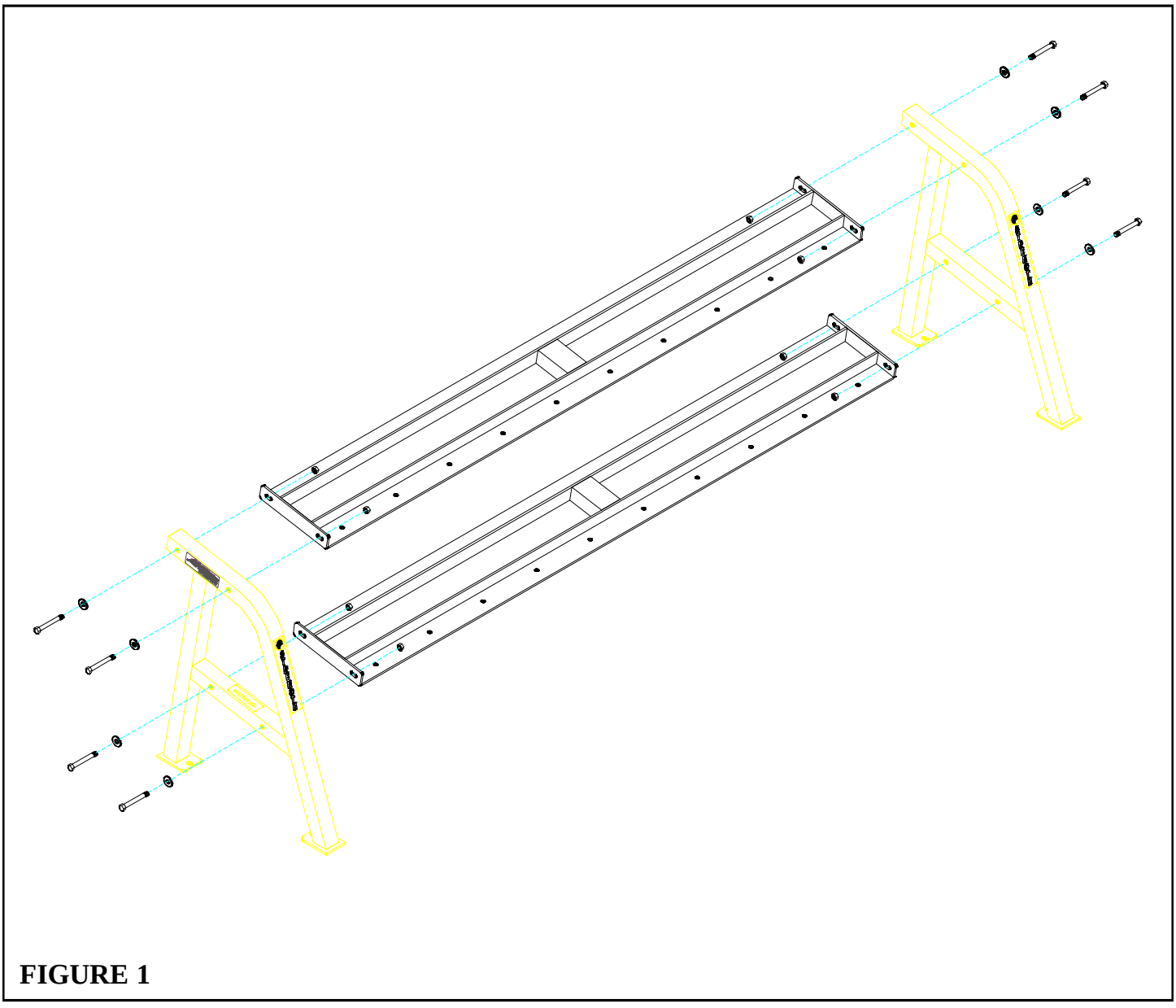


FIGURE 1

STEP 1:

- **SECURELY** assemble the DUMBBELL TIERS (2) between the UPRIGHT FRAMES (1) using eight 1/2 X 3-1/4" BOLTS (3), eight 1/2" WASHERS (4), and eight 1/2" LOCKNUTS (5) as shown in FIGURE 1.

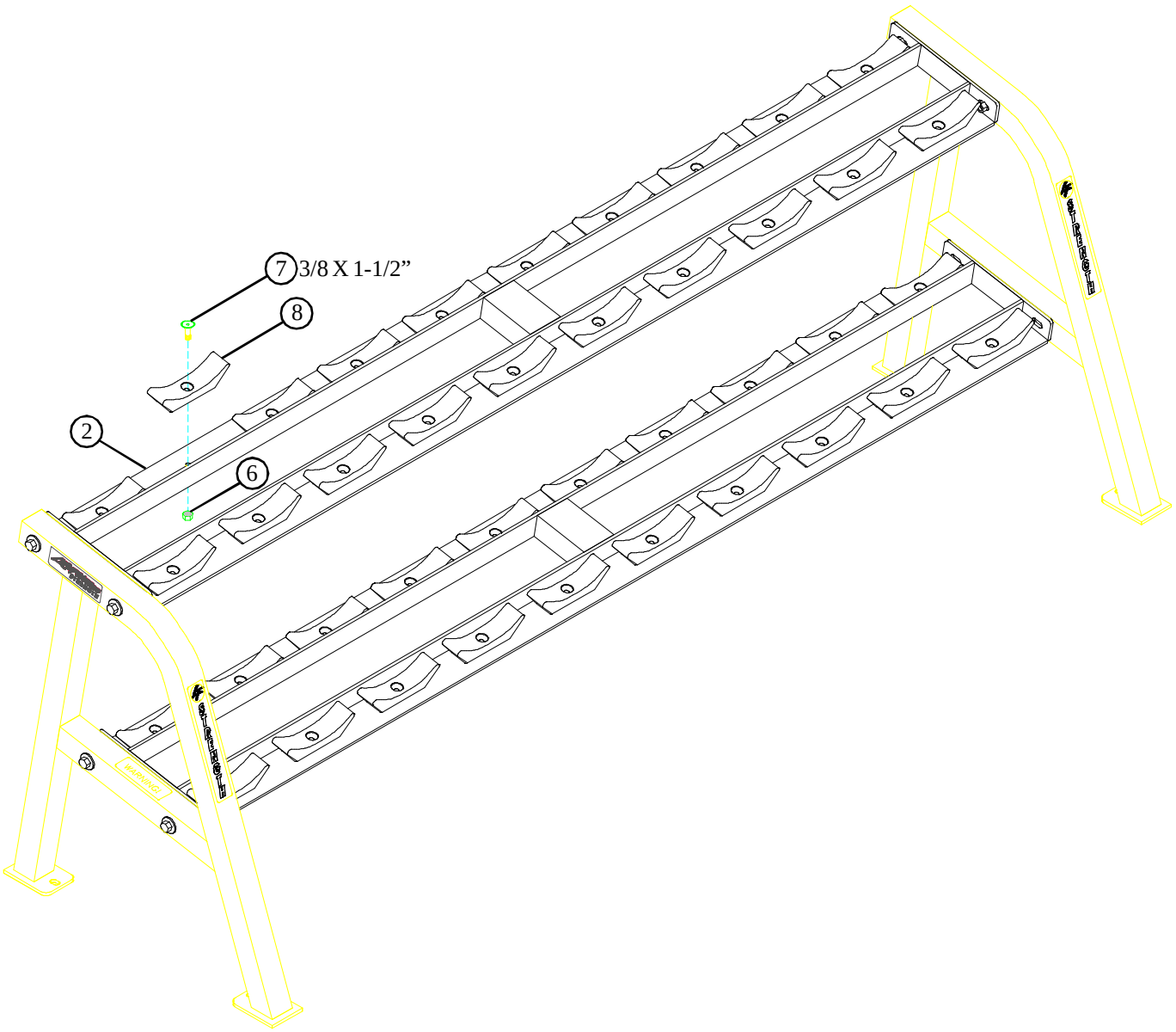


FIGURE 2

STEP 2:

- **SECURELY** assemble forty DUMBBELL SADDLES (8) to the DUMBBELL TIERS (2) using forty 3/8 X 1-1/2” FLAT HEAD CAP SCREWS (7) and forty 3/8” LOCK NUTS (6) as shown in FIGURE 2.

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